

## 2Apples, Cooked<sup>5</sup>

Number of Servings: 5 (104.6 g per serving)

Amount	Measure	Ingredient
2 1/8	cup	Apples, slices, swtnd, drained, cnd, unheated
3 1/2	Tbs	Water, municipal
6 1/4	tsp	Sugar, brown, packed
3/4	tsp	Spice, cinnamon, ground
1/4	tsp	Spice, nutmeg, ground
1 1/2	Tbs	Topping, whipped, lite, Cool Whip

### Nutrients per serving

Nutrition Facts		
Serving Size (105g)		
Servings Per Container		
Amount Per Serving		
Calories 80		Calories from Fat 5
		% Daily Value*
Total Fat 0.5g		1%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 5mg		0%
Total Carbohydrate 21g		7%
Dietary Fiber 2g		8%
Sugars 19g		
Protein 0g		
Vitamin A 0%	• Vitamin C 0%	
Calcium 2%	• Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories	2,000 2,500
Total Fat	Less Than	65g 80g
Saturated Fat	Less Than	20g 25g
Cholesterol	Less Than	300mg 300 mg
Sodium	Less Than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

### Notes

\*\* Remember each gallon of apples is 16 cups NOT a #10 can

Open cans of apples (packed in water or light syrup) and pour into counter pans or stock pot.

Add water ONLY if more liquid is needed.

Add remaining ingredients. Cover and bake at 350 degrees F until apples are tender and well seasoned, at least 1 hour.

Serve hot, warm or chilled. May serve with 1 teaspoon light Cool Whip/serving (optional).

Serve 1/2 cup portion with #8 scoop or 4 oz ladle = 1 fruit serving

1/2 cup = 24 grams carbohydrate = 1 1/2 Carb Servings